

May Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Chef's Choice	2 Center is Closed
5 Sweet & Sour Meatballs Brown Rice Fresh Grape Tomatoes Apricots	6 Beef Burgundy Brown Rice Mixed Vegetables Pineapple Tidbits	7 Pepper Steak Rice Corn Fresh Seasonal Fruit	8 Breakfast for Lunch A variety of breakfast food will be offered	9 Center is Closed
12 Roast Beef on Kaiser Roll Red Onion Slice Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail	13 Pizza Burger on Roll Shredded Mozzarella Cheese Baked Beans Fresh Cabbage Slaw Diced Peaches	14 Hot Grilled Diced Chicken with Sesame Noodles Cucumbers, sliced Wheat Bread Pineapple Tidbits	15 Chicken Patty Sandwich Coleslaw Potato Salad Fruit	16 Center is Closed
19 Hearty Beef Stew w/ Mixed Vegetables & Potatoes Fresh Sliced Apples	20 Baked Potato Tossed Salad Chili con Carne Shredded Cheddar Cheese Applesauce	21 Turkey Sliced w/Gravy Scalloped Potatoes Au Gratin Fresh Spinach Fruit Cocktail	22 Grilled Cheese Sandwich Tomato Soup Tossed Salad Fruit	23 Center is Closed
26 Closed Enjoy the Holiday	27 Hamburgers Hamburger Roll Mashed Potatoes Fresh Cole Slaw Apricots	28 Navy Bean Soup Chicken Caesar Salad Wrap Lettuce, Shredded Cheese Diced Chicken Meat Tortilla Fresh Pears	29 Chef's Choice	30 Center is Closed

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.